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# Food and Nutrition

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## Nutrient Standard for School Lunches to be Studied

A STUDY TO COMPARE the use of the present food-group menu pattern and a nutrient standard approach to school food service menu planning is being undertaken by Colorado State University under contract with the Food and Nutrition Service.

The use of a nutrient standard would allow school lunch menus to be based on the recommended dietary allowances established by the Food and Nutrition Board of the National Research Council, rather than the specific Type A pattern.

The present system requires schools participating in the National School Lunch Program to follow a "Type A menu pattern" which specifies amounts of protein-rich food, fruits and vegetables, enriched or whole-grain bread, butter or fortified margarine, and milk.

Alternatives to the Type A pattern system are being considered because the minimum requirements of the Type A pattern do not consistently result in menus which meet the National Research Council's dietary allowances for children. Another system may offer greater accuracy. In addition, some school lunch leaders believe the Type A pattern places undue limitations on menu flexibility and the variety of foods which may be used. A more flexible system could increase acceptability of meals served.

The major objectives of this study are

to develop a menu planning method designed to achieve a predetermined nutrient goal and to evaluate the feasibility of using a nutrient standard menu planning approach in the National School Lunch Program.

The study will be completed in the fall of 1973.

## SCHOOL FOOD SERVICE SURVEYED

NEARLY 90 PERCENT of the Nation's schoolchildren have food service in their schools, according to a survey conducted by FNS in October.

About 83 percent of the Nation's schools--89,413 out of 108,000--have a food service program. Of the schools with food service, 89 percent are public schools, covering 93 percent of the enrollment in those schools. The remaining 11 percent are non-profit private schools covering 60 percent of the enrollment in those schools.

## MORE PROCESSING CONTRACTS

A REPORT FROM Connecticut on the savings for that State's agencies through contracts with food processors notes a contract for 170,000 pounds of link sausages made from frozen USDA ground beef and pork. A savings of 51 cents a pound was reported with a total savings to the State's schools of \$92,565. Other contracted savings reported: French-Italian breads and rolls--\$13,850; cranberry sauce--\$20,748; macaroni products--\$60,677; other bakery products--\$135,884 for a grand total State savings of more than \$324,400--thanks to processing contracts.



South Dakota has bread baking processing contracts involving 12 of the schools in that State. The State estimates that savings for this year will be nearly \$16,000 on these contracts. The contracts are with eleven different bakery companies to produce bread and buns using USDA-donated flour, lard, dried milk, and shortening.

## USDA Announces Revised Breakfast Regulations

REVISED REGULATIONS governing the School Breakfast and Nonfood Assistance Programs were announced on May 12 by USDA. They will be effective July 1, 1972.

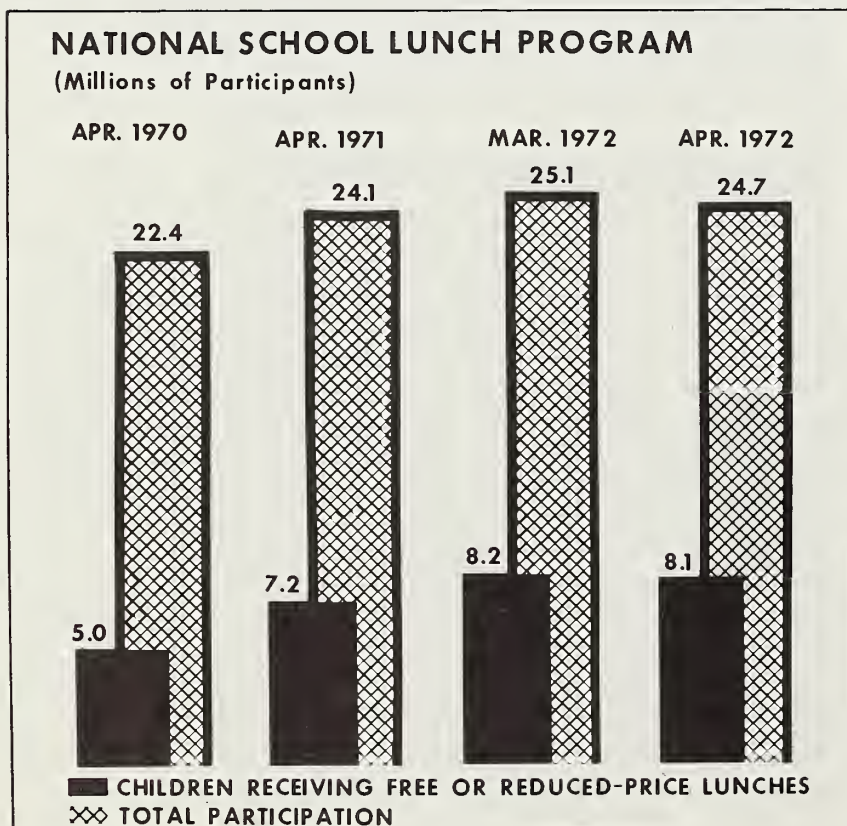
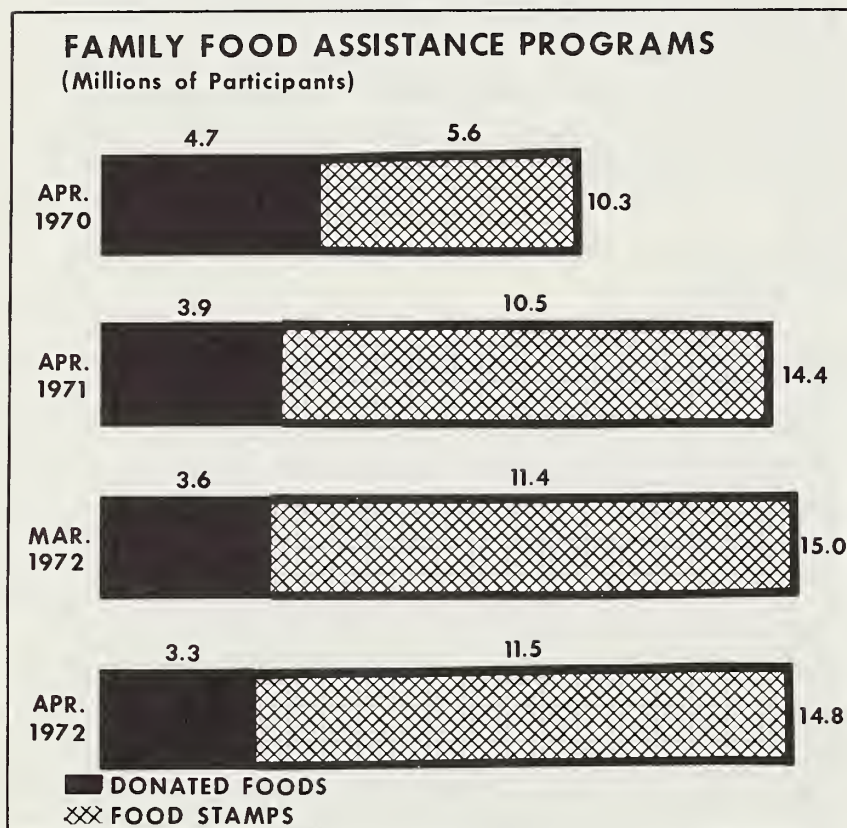
The proposed regulations were published in the Federal Register on February 26, 1972, and 30 days were provided for public comment. Comments and suggestions were received from 42 interested groups, organizations and individuals. These were given careful consideration in developing the final regulations.

Major changes in the regulations include the following:

- "Free breakfast" is defined as a breakfast served to eligible children for which neither the child nor any member of his family pays or is required to work in the school or in the school's food service. Also a "reduced-price breakfast" is defined as a breakfast served to eligible children at a price of 10 cents or less and which is less than the full price of the breakfast.

- If the school is not an especially needy school, the maximum rate of reimbursement for a reduced-price breakfast served to eligible children is 15 cents, and 20 cents is the maximum rate for a free breakfast. The maximum rate of reimbursement is 5 cents for a breakfast fully paid by the child. (Under regulations now in effect, all breakfasts are reimbursed up to a maximum of 15 cents each.)

- In cases of severe need, a school may receive up to 100 percent of the cost of operating the school's nonprofit breakfast program, provided that the total reimbursement does not exceed 20 cents for each reduced-price breakfast served and a maximum of 30 cents for





each free breakfast served. (Present regulations authorize reimbursement up to 80 percent of the actual cost of operating a breakfast program.)

- States and FNS regional offices administering the breakfast program are authorized to advance funds to school food authorities based on the estimated number of breakfasts, including those free and at reduced price, to be served to children for one month.

- The school food authority of schools participating in the program must submit for approval to the State agency or the FNS regional office a free and reduced-price breakfast policy statement similar to that required for free and reduced-price lunches, or affirm that eligibility for a free or reduced-price breakfast shall be determined in accordance with the school food authority's approved policy statement on eligibility for free and reduced-price lunches.

- In selecting schools for operation of the School Breakfast Program, the State agency or FNS regional office must give first consideration not only to schools drawing attendance from areas in which a substantial portion of the students enrolled travel long distances, but also to schools in which there is a special need for improving the nutrition and dietary practices of children of working mothers and children from low-income families.

The revised regulations were published in the Federal Register on Saturday, May 13, 1972.

## **PUBLIC ASSISTANCE WITHHOLDING BENEFITS ELDERLY**

WHEN PUBLIC ASSISTANCE withholding (PAW) began as a pilot project in 1969, it was expected to be of special benefit to the elderly. Reports now show that more than 60 percent of the public

### **PERCENTAGE OF FOOD STAMP PUBLIC ASSISTANCE WITHHOLDING PARTICIPANTS ACCORDING TO HOUSEHOLD SIZE.**

HOUSEHOLD SIZE	PERCENTAGE OF PAW PARTICIPANTS
1 .....	45.5%
2 .....	18.4%
3 .....	15.3%
4 .....	9.5%
5 .....	5.7%
6 and over .....	5.6%

*Figures are from January 1972 for King, Pierce, and Snohomish Counties of Washington State.*

assistance recipients electing PAW are in the one- and two-person households, the categories into which the majority of Old Age Assistance Households fall.

PAW is a method of withholding purchase requirements from public assistance grants and mailing the coupons to recipients. The pilot areas include West Virginia, South Carolina, Washington, and parts of California, New York, and Tennessee.

The only figures so far available are for Washington State, but preliminary data indicates that PAW participation is consistently high in the one- and two-person categories.

## **Updated 'Food Stamp Changes' Available**

"FOOD STAMP CHANGES" (an updated version of "Food Stamp Changes Go Into Effect" printed in FOOD AND NUTRITION magazine, October 1971) summarizes the major points of the regulations under which the Food Stamp Program is now operating.

For copies write the Food Stamp Division, Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250.



**SUPERIOR SERVICE AWARDS FOR THREE  
FNS STAFF MEMBERS**

THREE FNS EMPLOYEES have won USDA honors for their outstanding work. Mrs. Sammie M. Harrington, Martin Garber, and William L. Andrews received Superior Service Honor Awards in ceremonies in the Sylvan Theater on the Washington Monument Grounds.

Mrs. Harrington is a clerk-stenographer for the Officer-in-Charge in Albany, Georgia. She won her award for dedication to her work, for keeping the office functioning well during the absence of a supervisor, and for the initiative and creativity she showed in such projects as developing and staffing a program exhibit at the Southwest Georgia State Fair.

As Regional Administrator of the Southwest Region, Mr. Garber was honored for his strong leadership in the Nation's drive to end hunger and for his personal dedication and dynamism, which has rallied broad support and effective action in the Southwestern States.

Mr. Andrews, a Program Supervisor in the Food Distribution Division at national headquarters in Washington, D.C., was honored for his leadership in developing

proposals to improve administration, reduce costs, and expand participation.

**Outreach Continues to Click**

ELEVEN OF 32 SCHOOLS with no food service in the Scranton, Pa., Diocese made application to participate in the National School Lunch Program after an "Outreach" workshop held in Scranton May 23-24. The workshop was another of the series being conducted by personnel from the FNS Northeast regional office in New York.

**Breakfast Program Grows in Philadelphia**

FIFTY PHILADELPHIA inner-city schools with 26,000 children participated this school year in the School Breakfast Program under auspices of Morton Waber's "Food for Thought" organization.

The program began 3 years ago when Waber, a local insurance agent, started serving breakfast to the 20 or 30 children in his wife's kindergarten class.

By April 1971 "Food for Thought" had programs in 15 schools with 10,000 children. Between these and programs run by the local Junior Chamber of Commerce, almost 16,000 children were fed during the 1970-1971 school year. (See FOOD AND NUTRITION magazine, Vol. 1 No. 2, August 1971.)



FNS Administrator Hekman congratulates award winners (l. to r.): Martin Garber, Sammie Harrington, and William Andrews.